

CORONAVIRUS DISEASE 2019 (COVID-19)



Coronavirus Disease 2019 (COVID-19) – Call Ahead!!

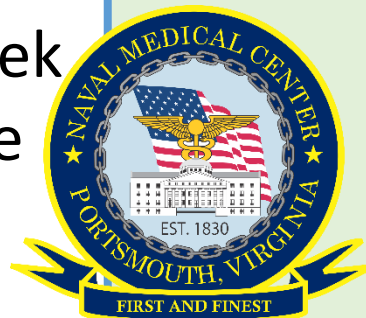
#DYK - Did You Know NMCP has a COVID-19 Call Center?

NMCP COVID-19 Call Center Information:

This is a local resource for our service members, staff and beneficiaries at the First and Finest.

Please call NMCP's COVID-19 Call Center at 757-953-6200.

This call center is staffed 24hrs a day and is available seven days a week if you have questions or concerns about your travel and/or exposure history and your symptoms.



Everyone should always take simple daily precautions to help prevent the spread of respiratory illnesses.

To learn more about prevention,
see: <https://bit.ly/37Ay6Cm>

COVID
CORONAVIRUS
DISEASE **19**

CORONAVIRUS DISEASE
2019 (COVID-19)

You can help prevent the spread of respiratory illnesses with these actions:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose & mouth.
- Wash hands often with soap & water for at least 20 seconds.



www.cdc.gov/COVID19

Practice everyday preventive actions to help keep yourself healthy, reduce exposures to COVID-19, and slow the spread of the disease. **Preventive actions include:**

- Avoid close contact with people who are sick.
- Stay home when you are sick.
- If you are sick call ahead to your medical provider before seeking medical care.
- Cover your coughs and sneezes with a tissue.
- Clean & disinfect frequently touched surfaces and objects daily.
- Wash your hands often with soap and water for at least 20 seconds.

Get more COVID-19 prevention tips: <https://bit.ly/2TrXBRE>

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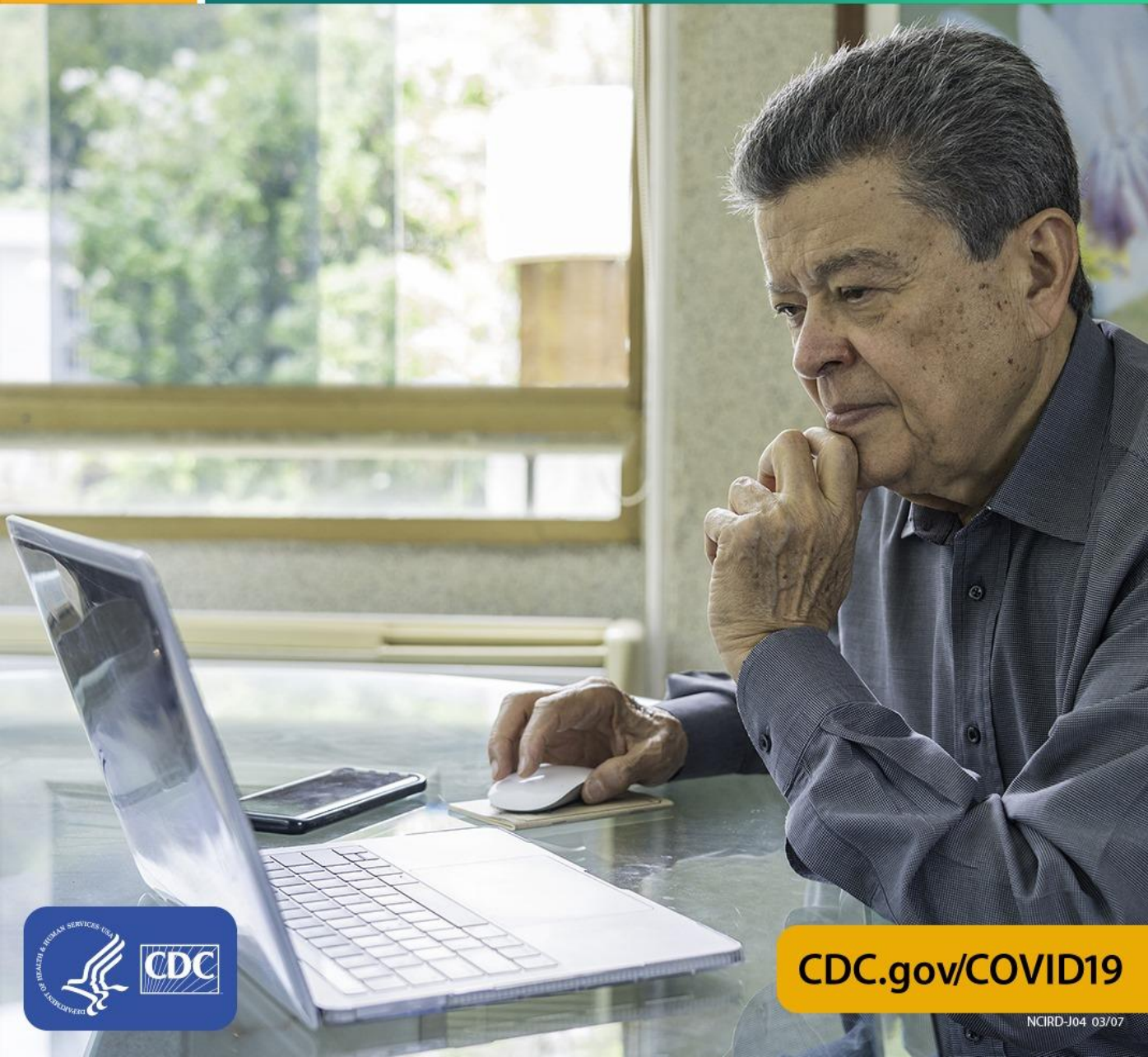
www.cdc.gov/COVID19

Stay home when you are sick,
except to get medical care.



If you are possibly exposed to COVID-19 and told by your healthcare provider or a public health worker to stay home for 14 days, unless you need medical care, please follow their recommendation.

Protect yourself and protect others. <https://bit.ly/2VFK1eT>



Could you or loved ones be at increased risk of COVID-19?

Older adults and people of any age with severe chronic medical conditions like heart, lung, or kidney disease seem to be at higher risk for more serious COVID-19 illness.

Learn how to be prepared if COVID-19 starts spreading in your community: <https://bit.ly/38ofRQc>

Older adults & people with severe chronic medical conditions like heart, lung, or kidney disease seem to be at higher risk for more serious COVID-19 illness. If you are at high risk of serious illness, monitor your health and know the symptoms of COVID-19. Pay attention for potential COVID-19 symptoms including:

- fever,
- cough, and
- shortness of breath.

If you feel like you are developing symptoms, call your doctor.

If you develop emergency warning signs:

- difficulty breathing or shortness of breath
- persistent pain or pressure in the chest
- new confusion or inability to arouse
- bluish lips or face

Get medical attention immediately!

For information on people at high risk for serious illness from COVID-19, see <https://bit.ly/38ofRQc>



COVID 19

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Do I need
to **wear a
facemask**
when I travel?



CDC does not recommend that people who are well wear facemasks to protect themselves from COVID-19 while traveling.

For more COVID-19 frequently asked travel questions visit: <https://bit.ly/2HqjXft>

COVID-19

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I've recently
traveled and
now **feel sick.**
**What should
I do?**



- If you have traveled and feel sick with fever, cough, or have difficulty breathing, you should:
- Call your doctor's office or emergency room. Tell them about your recent travel and your symptoms.
 - Avoid contact with others.

For more COVID-19 frequently asked travel questions visit: <https://bit.ly/2HqjXft>



CORONAVIRUS DISEASE 2019 (COVID-19)

**For travelers and
travel-related
industries**



www.cdc.gov/COVID19

The global novel coronavirus situation is rapidly evolving.

[CDC Travelers' Health](#) Branch has issued travel health notices for countries currently experiencing community spread of COVID-19.

For updated information on coronavirus disease 2019 and travel, visit <https://bit.ly/36VSFrU>

CDC recommends that travelers avoid travel to countries with a level 3 travel health notice and reconsider cruise ship travel to or within Asia at this time. CDC has also posted several country-specific travel health notices for COVID-2019.

For more COVID-19 frequently asked travel questions visit: <https://bit.ly/2HqjXft>

Should I
**cancel my
next trip?**





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While local governments, businesses, schools, and healthcare facilities are preparing for the possibility of a COVID-19 outbreak in your community, you can too.

Develop a plan for home-based actions. Choose a room in your home that can be used to separate sick household members from those who are healthy.

Get more information about creating a household plan of action: <https://bit.ly/2TrXBRE>

Plan for potential changes at your workplace due to a COVID-19 outbreak in your community.

Learn about your employer's emergency operations plan and discuss sick-leave policies and telework options.

Get more information: <https://bit.ly/2TrXBRE>





Be prepared if your child's school or childcare facility is temporarily dismissed due to a COVID-19 outbreak in your community.

Learn about the emergency operations plan at your child's school or childcare facility.

Get more
information: <https://bit.ly/2TrXBRE>

Parents: Did you know
that handwashing can
help prevent 1 in 5
respiratory illnesses and
1 in 3 diarrheal illnesses?

Teach your kids to make
handwashing a healthy
habit wherever they go!

<https://go.usa.gov/xV9Td>

Handwashing keeps

Your Family Healthy.

LIFE IS BETTER WITH

**CLEAN
HANDS**



www.cdc.gov/handwashing



CS111003A

PRELIMINARY U.S. FLU BURDEN ESTIMATES

So far this season, CDC estimates there have been at least:



32 million

Illnesses



14 million

**Medical
visits**



310,000

Hospitalizations



18,000

Deaths

Based on data from Oct. 1, 2019, through Feb. 22, 2020

* Because influenza surveillance does not capture all cases of flu that occur in the U.S., CDC provides these estimated ranges to better reflect the larger burden of influenza. These estimates are calculated based on CDC's weekly influenza surveillance data and are preliminary.



**Don't forget about
the Flu!**

**Get Your Flu
Vaccine!**

CDC estimates that between Oct. 1 and Feb. 22, there were at least 32 million illnesses, 310,000 hospitalizations and 18,000 deaths caused by flu.

Learn more about
the burden of
flu: <https://bit.ly/2AJe9L4>

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